

Of the Use of

TOBACCO

Tea, Coffee, Chocolate, and Drams.

Under the following Heads.

I. Of SMOAKING Tobacco, as commonly Practised.

And of what Service Tobacco is in the PLAGUE.

II. Of CHEWING Tobacco.

III. Of Taking Tobacco in SNUFF.

IV. Of the Use of Tea, (Green, and Bohea.)

V. Of Drinking Coffee. And Throwing its Grounds.

VI. Of Chocolate, and Vanillas.

VII. Of Brandy, Rum, GENEVA, and other Drams.

With Rules for Smoaking, Taking of Snuff, Drinking Tea, Coffee, &c. so as to prevent any ill Effects on the Nerves.

TOBACCO, Potent Herb, and Sweet Repast,
Friend to the Thought, and grateful to the Taste:

*Heav'n in this Plant, its Goodness shew'd to Man,
Whose Kindled Leaves such Virtues do contain:*

*Exhaling healthful Fumes the Head to Clear
Of noxious Humors, and the Spirits cheer.*



Thorius.



This Book is GIVEN GRATIS, Up One pair of Stairs
at the Sign of the Anodyne Necklace without Temple-Bar.
At Mr Gregg's Bookseller next Northumberland-House Charing-Cross.
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Of the Use of TOBACCO, &c.

TOBACCO (so called from the particular plenty of it in the Isle of *Tabago*, (subject to the *Dutch*, 90 Miles South of *Barbadoes*, in the *West-Indies*) is an Herb, whole use being first brought from *Portugal* into *France* in the Year 1562 by one *Monsieur Nicot*, the *French* Ambassador at that time in *Portugal* (whither it had some little time before been First brought from *America*) is called in Latin *Nicotiana*.

But as yet, it had never been in *England*, but was afterwards First brought over hither from the *West-Indies* in the Year 1583, by Sir *Francis Drake's* Mariners.

And by Reason that the fat Soil of *Virginia* (a Country in *North-America*, first discovered in 1584 in Q. *Elizabeth's* time, by Sir *Walter Rawleigh*, who therefore called it *Virginia*, in honour of his Unmarried Sovereign) produces the Best sort, That which comes from thence, is by consequence the most esteem'd, for any of the Three common Ways of using it, to wit, by SMOAKING, CHEWING, or taking it in SNUF.

The two first ways are design'd to promote a kind of Salivation, or an Evacuation of troublesome Rheum by Spitting.

The Last is for the Discharge of Humidity by the Nose.

Of all which in Order as follows.

I. Of SMOAKING Tobacco.

Clusius a Physician of the Low Countries about a Century ago, is the First Author that treats of Smoaking Tobacco.

He tells us in his Treatise of Tobacco, cap. 3. that in the Year 1584 the Country of *Virginia* being First Discovered by the *English*, they found that the Inhabitants did frequently use certain hollow Pipes made of Clay, to draw up the Fume or Smoak of Tobacco Leaves set on Fire, to take away Wearyness, to make them lively at their Work, to Chear their Spirits, and to preserve their Healths.

The *English* returning from thence, brought some of these Pipes, and of the Tobacco, as a very great Rarity, along with them; and since that time (says this Author) the use of Smoaking Tobacco has prevailed in *England*.

Dr. *Venner* an eminent Physician at *Bath*, about the Year 1622, in his Treatise of Tobacco, tells us, that the *Indians* first of all before the use of Pipes came up amongst them, took the Dried Leaves of Tobacco, and cast them on lighted Coals, and then received the Smoak of them at their Mouth and Nose thro' a certain Tunnel, and this to refresh them, and take off Wearyness: so that by this means (says this Author) they were able to return to their Labours and Exercises as Strong and Lusty as before.

This Author prescribes the following Rules for Smoaking Tobacco.

- 1st. To take a Pipe Fasting.—2^{ly}. A little before Bed time.
- 3^{ly}. Not above 2 Pipes successively. And not to drink much.

SIR *Walter Rawleigh* in *Q. Elizabeth's* Time, was the first Person of Note, that we find to have *Smoaked Tobacco* in *England*, of whom the following Story is related.

Sir Walter whilst he was in the *Indies* having imitated the *Indians* in Smoaking this their favourite Herb, brought over with him a Stock of it, with some Pipes, which he placed in his Study, and indulged himself in smoaking secretly a Pipe or 2 a Day, at which times he ordered a Simple Fellow who waited at his Study Door, to bring him up a Tankard of Ale; always laying aside his Pipe, when he heard him coming.

But being one Day more earnestly than ordinary employed in reading something that amused him, the Fellow entered whilst *Sir Walter* was in his full height of Smoaking.

The poor simple Fellow never having seen Tobacco smok'd before, and seeing a Cloud of Smoak to come out of his Masters Mouth, threw the whole Tankard of Ale full in his Face, and running down stairs, alarm'd the whole Family, telling them that his Master was all on Fire within side of him, and that if they did not make hast up with some Pails of Water to Quench him, he would most certainly be burnt to Ashes, but for the present he had help'd to moderate it, by throwing the Ale upon him, till farther Assistance and Water could be got.—But to return to the proposed *Subject*.

Besides the many laudable Effects of the moderate use of *Smoking*, as 'tis commonly practis'd, no One thing is so generally Approved of and Recommended by Physicians to prevent and keep off the **PLAGUE** or any other Infectious Distemper, as is the **SMOAKING** of *Tobacco*.

Since therefore this Dreadful Distemper which of late has so terribly rag'd in *France*, now threatens equally us with other Neighbouring Countries, it will not be amiss to consider of what Service the Smoaking of Tobacco has been in Places where the *Plague* has formerly rag'd.

From whence a just Consequence may be drawn, that if ever this Dreadful Distemper should unfortunately reach these Kingdoms (which God Almighty of his infinite Mercy avert from us) it may be of the same Service again.

Nay according to all Accounts from *France*, the **PLAGUE** growing worse and worse, sweeping away whole Provinces.

By Reason of so much clandestine and underhand Traffick which our Coasters have with *France*, it will be almost impossible but that sooner or Later, in some Pack't up Goods or other, this dreadful Calamity will be brought over to us.

And if it once comes amongst us, the dreadful Havock it will make on Bodies, so abounding with ill Humors thro Debaucheries, and Riotous Living, and consequently thereby so disposed to receive it, as *English* Bodies are, will be inexpressible.

Of the Use of Tobacco in the PLAGUE.

OUR Countryman, the Great Dr. *Willis*, in his Treatise on the *Plague*, pag. 18. giving an Account of that Dreadful Distemper in *London* in the Year 1665, during which time he constantly visited the Sick, and by consequence was an Eye-witness of that dismal Tragedy then acted, (about a Hundred Thousand Persons having fallen in *London* by it,) expressly says, that the Virtues of *Tobacco* are so great against the PLAGUE, that during that whole Sickness, it was observed that no *Tobacco*nist's Houses were Infected.

Nor indeed those who Smoked Tobacco, especially if they Smoked in a Morning. And having reckon'd up a great many Preservatives against the *Plague*, concludes thus,

But that which seems at once to fulfill most of these Intentions of keeping off the *Plague*, is Taking *Tobacco* in a Pipe.

For (says this Author) the Smoak of this Plant secures those Parts which lie most open (*viz.* the Mouth, Nostrils, &c.) and at once intercepts and keeps the Contagion that floats in the Air from the Brain, Lungs, and Stomach,

It also stirs the Blood, and Spirits all the Body over, and makes them shake off any Contagion that may adhere to them.

And to prove this farther, he brings the Example of the Great *Diemerbroeck* (an eminent Physician at *Nimeguen* in the *Low Countries*, who personally assisted the Sick, during a great Plague which raged in that City in the Year 1636) and says that this Great Physician, and unquestionable Judge in the present Case, having been so conversant with Persons sick of the *Plague*, as he was, accounts the Smoking of Tobacco not only a Preservative, but says that He himself, when he was several times Infected, by *Smoking* of Tobacco was presently Cured. Thus far Dr. *Willis*.

Now we'll see what the Great *Diemerbroeck* says himself.

This Great Physician in his Book *De Peste*, relates what Course he himself took for his own Preservation, whilst he daily attended the Sick during the PLAGUE at *Nimeguen*.

And amongst the rest says thus.

After having committed himself to Almighty God by Prayer, about 10 a Clock in the Morning he smoked a Pipe of Tobacco: and after Dinner 2 or 3 more, and the like again after Supper: And sometimes 2 or 3 between Meals.

And if at any time he found himself affected with the ill Smell of the Sick, he presently had recourse to his Pipe of Tobacco, which he says he found by his own Experience, to be the most effectual Preservative. Provided says this Author that the Tobacco be but well prepared. — Thus *Diemerbroeck*.

From whence we may conclude that this Author would not use any Common Tobacco, but prepared doubtless a particular sort (as the following is) for his own Use.

Conformable to what has been here said, is an Observation made by Dr. *Everard* in his Treatise of Tobacco, to wit: That Those Colonies in *America*, where they plant much Tobacco, are never visited with the *Plague*. But if by Accident it has happened at any time to be carried thither by Shipping, 'tis presently extinguished by the Effluvia of this great Antidote.

An Instance of which happen'd in *Virginia* in 1697, when Rear-Admiral *Nevil* arrived there with his Squadron of Ships.

They carried a very Contagious Sickness with them, of which the Admiral, & many of the Officers and Seamen died.

Yet as soon as they arrived on Shoar, this Disease tho very malignant did not spread at all, but was soon check'd by the wholesome Effluvia of the Tobacco the Country abounds with.

BUT notwithstanding the abovementioned Benefits that may accrue from the moderate Smoaking of Tobacco:

Yet there are some Authors, that are no very great Friends to this Plant: And this by reason of a particular Virulent Acrimony and Malignant Quality which Common Tobacco manifestly abounds with, from whence proceed oftentimes many ill Symptoms from the Use of it, and which are particularly experienced when Persons First learn to Smoak.

Now these Authors looking upon this Malignant Quality to be inseparable from the Plant, decry the use of it.

Whereas if Means were but found out, so to Qualifie & take off the BAD Qualities of Tobacco, as still to leave its GOOD ones in their full Force and Vigour, the Smoaking of it as commonly practised, would doubtless prove a most excellent Remedy in many more Cases than it does.

Just as Mercury of it self is a most violent Poison, but if rightly qualified, & prepared; becomes an excellent Remedy.

In order then to Qualify and Take off from Tobacco, its Virulent, Corrosive, Malignant and ILL Qualities, & thereby strengthen and inhance its GOOD ones, which are so valuable in a great many Cases as has been abovementioned.

The following Tobacco is prepared: And which gives a general satisfaction not only in Common Use: — But also

The Fragrant and Delicious Smoak of this particular Tobacco, being impregnated with the more Volatil Particles of those particular Cephalick Herbs and Chymical Aromatick Oils, it is prepared from, destroys in a singular manner whatever Contagious & offensive Effluvia float in the Air surrounding the Person, which makes it Sovereign against Infectious Airs & Distempers, Fogs, Ill-smells, & the PLAGUE by Sea or Land.

Seafaring-men therefore, and Persons trading abroad, cannot Export a more useful Commodity than this TOBACCO.

And which smoaks so very grateful & pleasant in the Mouth, as to be not only an agreeable Amusement and Pastime, but also its Flavour is delightful to a whole Company in the Room.

For all Persons whose Circumstances, may make the Use of Tobacco advisable for them.

A Particular *Cephalick* and *Ophthalmick* TOBACCO is prepared from the very best VIRGINIA Tobacco impregnated with the Quintessence and Virtues of certain particular Herbs and Chymical Oils appropriated to the Head, Eyes, Stomach, and Lungs.



In order to be much more effectual & Pleasant than any Common Tobacco, not only against the *Plague*, if ever it should unhappily come amongst us, but even for Common Use, for Gentlemen and others that *DAYLY* Smoak.

1st. It so strengthens and Restores ancient Sight, and preserves young Eyes, that by the Use of it, Persons may (thru the Blessing of *Almighty God*) never come to wear Spectacles:

And if they have already used them, may come to leave them off, it so Strengthens and clears the Sight.

2^{dly}, It brings away Rheums that cause Difficulty of Hearing, Defluxions, Vapours, Headaches, Tooth-aches, the Rheumatism, and *GOUT*, *Sore, Weak, Watery, & Dim Eyes, &c.*

3^{dly}, It draws off pleasantly by the *Mouth*, Quantities of Water where the Legs pit, and in a Dropsy, so that the use of it may prevent *Tapping*, or even a Salivation in many Cases where Noxious foul Humors want to be drained off.

4th. It helps to Expectorate and bring up that Flegm that causes *Coughs, Wheezings*, and Difficulty of Breathing.

And a Pipe of it in an Evening, gives a good Night's Rest, from a peculiar Narcotick Quality it is endowed with.

So that those who once try it, will not be without it, *ONE Pipe only* of it is so very grateful, delicious and pleasant.

It is sealed up in Parcels at One Shilling & 2 s. each, which will last a good while, with Directions. At the Places above.

And (for the Encouragement and advantage of Buyers) those who take Four Parcels together have them for 3 s. 6 d.

DIRECTIONS for this Tobacco,

IT may be Smoaked either alone: Or you may mix it with your other Tobacco. to which it gives an excellent Flavour and Virtue, The Proportion may be thus:

Mix a Pipe or 2 of This Tobacco, with a Pocket Tobacco Box of Common Tobacco: Or about half one, and half the other, just as you will: And by this means you may make it go as far, & last as long as you please. But for the more speedy Relief in any Ailment, 'tis best & *pleasantest* to Smoak it alone.

It may be used at any time of the Day, and any Liquor may be drunk during the Use of it, as with common Tobacco.

Or you may dry it, and make it into Snuff, and so use it.

For which see Directions hereafter in the Article of Snuff.

*More Particulars of this Cephalick Tobacco, and
its Effects farther accounted for.*

BUT to give yet some farther Account of this particular Cephalick and Ophthalmick TOBACCO, and to advance nothing concerning it, but what is supported by Reason, and Observations, drawn as well from the Nature of those Cephalick and Stomachick Ingredients, whose Virtues it is loaded and impregnated with, as from the ways of using it, viz. by SMOAKING it in a Pipe: Or taking it in Snuff.

No better way can be taken than by considering,

1st. The Nature and Principles of this particular Tobacco.

2^{ly}. Its different Effects and Operations on the Body.

3^{ly}. The Nature and Use of the Humors it evacuates.—And

Lastly. The Nature and Structure of the Organs it acts upon.

From which Observations will plainly appear in what Circumstances the Use of This Cephalick Tobacco is of benefit.

The Power, Efficacy, and Virtues of this particular Cephalick and Ophthalmick Tobacco, proceed from certain Volatile Pungent Salts joined with an Oily Sulphur, which the Ingredients, whose Virtues with which this Tobacco is impregnated, abound with; and by means of which it is of an Active, Penetrating, Cleansing, and Anodyne Nature.

For being prepared from the very best *Virginia Tobacco*, Qualified as abovementioned, it is thereby divested of all the *Bad Qualities* of Tobacco, and strengthened in the *Good Ones*.

So that Persons have here all the desirable *Good Qualities* of Plain Common *Virginia Tobacco*, without its *Bad ones*.

Which makes This the only Tobacco for Beginners to Learn to Smoak with, whose Infirmities or other Occasions may make the Smoaking of Tobacco adviseable for them, having none of the *ILL Effects* of Common Tobacco (such as Sicknes, Vomiting, Dizziness in the Head, &c. as Learners to Smoak usually experience) attending it; but all the *Good Ones*.

From the just now mentioned Principles of this Tobacco it is, that when it is smoaked, the following Symptoms arise, viz.

1st. A comfortable Warmth and Flavour in the Mouth.

2^{dly}. A copious discharge of thin limpid troublesome Rheum from the Salival Glands. ——— And

Lastly. A Fragrant delicious Odor, which not only Recreates the Person that smoaks it, but likewise the *Company* in the *Room*.

Since therefore the Practice of *Smoaking Tobacco*, and *Taking* of it in *Snuff*, now so generally prevails in the World, nothing can be of greater Service to the Publick than to render it for the Future more beneficial, and useful, than hitherto it has been, purely for want of its being Temper'd and Qualified as it ought, and as here it is for Common use.

And by which *This Sovereign Plant (Tobacco)* is *Divested* of all its *ILL Qualities*, and *Strengthened* in its *GOOD ones*.

THE end and intention of Smoaking This Particular Tobacco is to promote chiefly a Discharge of superfluous Rheum and Humors by the way of Spitting; to be of Benefit thereby to Moist and Phlegmatick Constitutions.

Now to know when and to whom a Discharge of Moisture by Spitting is of Benefit, these Rules are to be observed.

1st. When this Salival Fluid, or Spittle is Tainted, and thereby rather hinders than promotes Digestion.

2^{ly}. When it is so sharp as to be Uneasy to the Stomach.

3^{ly}. When a Rheum or Humor has fallen upon any particular Part, but especially about the Head or Stomach. — And

Lastly. When Persons are of a Moist, and Phlegmatick Constitution, and Habit of Body, a moderate Discharge of this Saliva is found to be of Service, and for this End it is that This most excellent Tobacco is SMOAKED.

For the Smoak of This Tobacco being impregnated with the more Volatil, active, and Saline Particles of those Cephalick and Stomachick Ingredients it is prepared from, by being thus drawn into the Mouth, it excites the Salival Glands, to discharge their Contents by that pleasant Evacuation of Rheum, which those who Smoak this Tobacco experience.

And by this Discharge of Noxious Rheum by the Mouth.

1st. Head-achs, Vapours, Tooth-achs, &c. are eased.

2^{ly}. The Eyes are cleared and strengthened where a watery Rheum makes them Sore Dim and Weak.

3^{ly}. The Hearing is quickned where the Drum is foul.

4^{ly}. The Breast, Stomach and Lungs are eased where a troublesome Flegm, or a Tainted, or a too Sharp and Corrosive Saliva falls upon, and oppresses them, causing Coughs, Wheezings, and Difficulty of Breathing, — And

Lastly. A Watery Humor is gently Drained and Discharged, where a too great redundance of it, makes it obnoxious to Health, as in a Dropsy, or where the Legs Pit, or the Rheumatism, &c.

And in these Cases it is that This Tobacco is of Service.

For by the Irritation the Fragrant Salts the Smoak of it abounds with, cause on the Fibres in the Mouth, they become more Tense, & Perspire, from whence proceeds that comfortable Refreshing in the Mouth, experienced by those who use it.

Next: By the pungency of these Salts, the Glands and Muscular Fibres of the Mouth are in a particular manner penetrated & compress'd, by which Means a troublesome Rheum is rendered more thin, and so more copiously discharged.

And moreover, the Membrane that covers the Inside of the Mouth, being a continuation of the internal Coat of the Stomach, this irritation is communicated down thither, from whence proceed also many other beneficial Effects on the Stomach as well as in the Mouth, experienced by those Persons who Smoak this particularly prepared Cephalick Tobacco.

II. Of the CHEWING of Tobacco.

DR. Car in his 2^d Medicinal Epistle concerning the Use of Tobacco says, that by reason of a very Malignant Salt that Tobacco abounds with, the CHEWING of it, is not adviseable.—For if you inject (says this Author) but the least Portion of it into any living Creature thro any Perforation of the Skin it certainly kills them.

And 'tis well known that the *Indians* dip their Arrows in the Juice of Tobacco, to make them in the highest Degree Venomous.—And from this Venomous Quality it is, that Chewing of Tobacco corrupts, spoils, and taints the Spittle :

And thereby diminishes the Strength of it in Digesting the Food in the Stomach, which makes those Persons who *Chew Tobacco*, seldom have good Stomachs, their Appetite, and Digestive Faculty being Pall'd & Spoiled by this Use of *Tobacco*.

And hence it is falsely thought that Chewing of Tobacco stops Hunger, and supplies the want of Food.

Their Teeth are also usually Foul and Black.

And their Breath disagreeable, attended with a troublesome, indecent and offensive Spitting and Spawling about.

As to the Evacuation this Practice causes by Spitting (which seems to be the chief Motive for it) *That* would be much more healthfully, as well as more Decently effected by moderate Smoaking. Because by the constant Irritation the Tobacco causes by Rolling so much in the Mouth, on the Salival Glands there, the Evacuation by spitting caused from Chewing of Tobacco is generally too great to be really healthful, because by it some Portion of the Nutritious Juices are generally evacuated, and Health thereby empai'd.

Hence *Ramazzeni* Professor of Physick at *Padua*, tells us in his Treatise of Tobacco, that he knew a great many brought to Consumptions by Chewing Tobacco, who falsely flattered themselves that their Healths were preserved by the continual Flux that issued from their Mouths.

For the use of the Saliva or Spittle being to Digest our Food: when it is not Vitiated by some Taint, 'tis absolutely necessary for a good Digestion, so that either a Taint, or a lavish Effusion or Wast of it, (as happens to those Persons who Chew Tobacco) is prejudicial to the Animal Oeconomy, and consequently, whatever tends to deprave, or too profusely evacuate this noble Fluid in a healthful State, is so far prejudicial to human Nature, that it deprives it of Means necessary for creating an Appetite, Strengthening the Stomach, and the Performance of Digestion: Three Articles upon which the whole Animal Oeconomy depends, and which Those Persons who Chew Tobacco are generally deprived of.

Hence it plainly appears that *Chewing of Tobacco* is but a SORRY, Indifferent Practice. B C D E.

III. Of Taking Tobacco in SNUFF

THE Use of Plain and Common Tobacco in Snuff as 'tis usually practised, is looked upon by Physicians that have writ on this Plant, to be (generally speaking) of none of the best Consequences.—The Reason for it is this.

That by the use of Snuff made of Common Tobacco, as all *Spanish, Portuguese, Scots*, and other Snuffs are, such as *Glasgow, Dundee, &c.*—The Malignant Corrosive Qualities of the Tobacco, by irritating too violently the Internal Coat of the Nostrils, Drain away the thin Matter by it self, and leave the thick behind, whereby the Animal Spirits being obstructed, & Clog'd, Apoplexies are frequently caused.

Infomuch that Physicians observe that more People have Died of Apoplexies in one Year since the Use of Snuff made of Plain Common Tobacco has come up, than before in 100.

And indeed most (if not all) of those who Die of Apoplexies and other such sudden Deaths, upon enquiry will be found to have been great Snuff Takers; as it hapens usually in *Spain* and *Portugal*, where of late Years the Common Distemper that carries People off, is an Apoplexy.

Of *Snuffs*, Physicians always prefer such as are in Gross Powder: Because the finer the Snuff is, the more corrosive it is, and thereby vellicates too violently the tender Coat of the Nostrils, & empairs the Sense of Smelling, which nothing Wears out so much as a too frequent taking of Snuff made of Plain Common Tobacco, by its Drying and Shriveling up the Olfactory Nerves, and depriving them of that Moisture, which is necessary for their quick Sensation of Smelling. Besides its disposing to the fatal Attack of an Apoplexy.

Now to Remedy these and other Evils attending the Use of Common Snuff; THIS Tobacco made into Snuff according the following Directions, is of excellent Service.

For the *Virginia* Tobacco from which This Tobacco is prepared, being here divested of its Malignant ILL Qualities, and strengthened in its GOOD ones, will, when taken in Snuff, answer the desireable Ends and Intentions of Snuff, as for Example to make an Evacuation of offending Humors from the Head, Eyes, &c. without the usual ill Consequences of it.

Directions for the Use of this Tobacco in SNUFF.

TAKE some of this Tobacco, and Dry it either in the Sun, or before a Fire, 'till you can Rub it into a Gross Powder, and put it into your Snuff-Box, either alone:

Or you may mix it about half one, and half the other, just as you please with your other Snuff, that you usually take.

And so at times take of it, and you will find it Fragrant, Odoriferous, Delicious, and Pleasant; recreating and refreshing the Head, and Brain, and will answer at once what is to be wished for in the taking of SNUFF.

IV. Of T E A.

T E A in General, is the Leaf of a little Shrub which grows like our Goosberry Bushes, plentyfully in *China*, *Japan*, and other Countries of the *East-Indies*, and resembles the most of any our common Sloe-Leaf: And therefore Authors say that it is frequently mixed & adulterated therewith.

The Leaves in drying Curl and Twist up together, and so are brought over.—The Sorts most remarkable of this Leaf are the *Green* (which is of the Ancientest Use in *Europe*) and the *Bohea*: The Former so called from its Colour.

The latter from its *Fine* Quality, the word *Bohea* in those Eastern Countries signifying *Fine* and *Delicate*.

Hence the *French* call it *Beau Tea*, that is, *Fine Tea*.

Bohea Tea is best in a Morning with Bread and Butter for Breakfast, being of a more nourishing Nature, than the *Green*, which therefore may be used at any other time when a Meal is not wanted.—Both these Teas moderately used are of an Aromatick and Diuretick Nature, and therefore are good against the Stone, Gravel, Gout, &c.

Washing away by its quick Passage those Concretions, which in time breed these Distempers.

A great Reason why Tea is now so much used in *Europe*, is because the *Dutch* (who are the greatest Importers of it) Change it Weight for Weight with the Eastern People for *European* SAGE, which THEY value as WE do their Tea.

So that if Sage (especially of that sort called *Sage of Virtue*) Grew only in the *Indies*, we should be as fond of it, as we are now of Tea, it being a Plant of such excellent Virtues, as gave occasion to the Celebrated old (and Bold) Verse.

Cum morietur Homo, cui SALVIA crescit in horto.

Why will any Body Die, that has SAGE in their Garden.

So that we need not wonder if the *Chinese* change Tea for it. Chuse your Tea, the briskest, Livelyest, and Quickest scented, with a grateful Flavour & Smell attending it.

Drink it moderately (but not too) strong.

Don't Drink it too Hot, for all Hot things spoil the Teeth.

About THREE or 4 little Cups of it at a sitting are enough: More dulling the Animal Faculties & Clogging the Stomach.

A little Sugar (which ought to be double refined and of the best) gives it an innocent gratefulness to the Palate.

But in the *Eastern* Countries they drink it mostly without Sugar.

A little Milk or Cream (which you please and like best) with Tea renders it smoother, and thereby more powerful in blunting and subduing Acid sharp humors in the Stomach.

But to Speak the Truth, never was a better State of Health enjoyed, than by our Ancestors, when the Toast and good Beer went round for Breakfast in a Morning, before ever Tea, Coffee or other new Inventions came up.

V. Of Coffee, Chocolate, and Drams.

COFFEE is a Berry that grows only in the *Turkish* Dominions. It is of a drying absorbent Quality, and therefore good for moist Phlegmatick Constitutions if well made.

But if made Small and Poor, and sweetned with Course Sugar, the Effect of it is nothing else but to lie a Cold heavy Clog & Weight upon the Stomach, gnawing & preying upon it.

Coffee ought therefore to be always made of this strength.

Take *Three Quarters* of an Ounce of the Powder Fresh ground, (for if it stands Ground, it grows fade, & looses its Virtues.)

Put this into a Pint of River (not Pump) Water Cold, it being an Error to put the Powder into Boiling Water.

For by infusing on the Fire 'till the Water Boils, it draws the Virtue of the Coffee out better, and will be the Stronger.

Set it on the Fire till it boiles: Let it boil a minute, 'till the Head is fallen in: Then let it settle: Draw it off, and sweeten it with the best double refined Sugar.

The Best Sugar, being Best Cheap here, as well as in Tea, and makes the Coffee of a quite different Taste and Flavour, to what foul Course Sugar gives it: And Drink it, with Bread and Butter for Breakfast, or at other times when you please.

'Tis an excellent Liquor for the Head, is grateful to & lies well upon the Stomach, and is good to revive the Spirits.

Dont put Milk to it, which spoils the Virtue of all Coffee.

The Practice of telling Future Events from certain Figures represented in its Grounds Thrown on any thing, is a Vain Observation, & not to be Trusted to, there being no connexion between such a Cause, & any Effect pretended to be Foretold.

CHOCOLATE is a Liquor made from a Nut growing plentifully in the *West-Indies*, & is a pleasant nourishing Food.

It ought (also) to be sweetned with the Finest Sugar.

Vanillas, are a fragrant Pod 4 or 5 Inches long, and the thickness of a Childs Finger: They grow in the *West-Indies*, and are mixed with Chocolate to give it a fine Flavour & Taste.

The use of *Geneva*, Rum & other DRAMS in general, is not advisable, unless some very particular Exigencies require them.

Because their Effects are not only soon over, but the Dejection of the Spirits (to rouze which is the usual motive for their use) is greater after, than before they were Drunk.

Of Drams (if any are to be used) Good Plain *French* Brandy or Rum are the best: & if Black Cherries, Raspberries, Elder Berries, or Mulberries are infused in them, they take off from their violent Heat, & render them more grateful to the Stomach.

But above all, Persons ought to avoid the habitual use of these Strong Liquors: Because Custom becoming a Second Nature, their Stomachs crave them as much as Food.

And by such a constant use of them, they Prey upon, & Shrivele up the very Vitals, to the utter Ruin of their Admirers.

To prevent ill Effects of these Liquors on the Nerves.

Physicians are divided as to the Effects of these Liquors on the Nerves and elsewhere. Some assert them prejudicial and that they (especially Coffee) induce Weaknesses, Tremblings, and other Paralytick affects: Others deny it.

Again: Some Physicians are for Chocolate, Tobacco, Snuff, &c. Others are against them: Every one as they are inclined.

A Physician who is a great Coffee-drinker, runs down Tea.

And a lover of This, disclaims against Coffee.

A Third is for Chocolate, and is against both Coffee & Tea.

Another Loves his Pipe, & inveighs against Snuff.

A Fifth dotes on his Snuff-Box, & condemns Smoaking.

Thus every one speaks as he himself is affected, like those in *Hudibras*, who *Damn those Sins they have no Mind to:*

But Compound with those they are Inclind to

But be all this as it will: (Too much of any thing is Bad.)

TO take off & Prevent any ill Effects, from these Liquors:

The only way is to take along with them Some Proper Preservative against these Evils. And for this End it is, that certain BITTERS, as *Stoughton's* and other such Drops have been of late so much in Vogue; Persons thinking thereby to qualify and allay such ill Effects. But as these and other such Bitters (to answer the End) are to be taken in a large Dose, such a Dose is so disagreeable in the Liquor 'tis put in, that it renders the Drinking of Tea, Coffee, Wine, or other Liquors instead of a Pleasure, a kind of a *Constant Taking of Physick*.—Now to Remedy this Inconvenience, and withal to make Tea, Coffee, Wine, Drams, or whatever other Liquors Persons take entirely healthful and Salubrious, a particular Secret for this End is prepared, being An

ELIXIR of Lemons and Saffron.

FOR Hypochondriack Ills in Men, and Hysterical affects in Women.—And as you must take a large Dose of Common Bitters: So of this take according to the following

DIRECTIONS for taking this Elixir.

PUT from 10 or 12 to more or less Drops as you think fit of this Elixir into your Tea, Coffee, Wine, Punch, or other Liquors whenever you please, and you will presently find what an agreeable Flavour and fine Virtue it will give it.

For this Elixir being impregnated with the Volatil Salts of the Lemons, and Saffron it is prepared from, makes it of singular Use in Distempers of the Head, as Megrims, Head-achs, Dizzinesses, and Swimmings; Apoplexies, Palsies, Convulsions and other Distempers of the Nerves. Also against the Heart-burn, Gout, the Cholick, Wind, Gripes, Sicknels at Stomach, &c. 'Tis Sealed up in Neat Bottles for the Pocket, at 1 s. and 2 s. each with Directions. — No Bitter comes up to it.

AND (for the Encouragement and Advantage of Buyers) those who take Four Bottles together have them for 3 s. 6 d.

Appendix. Of the Famous Purging SUGAR PLUMS.



THese PLUMS are Now used in Numbers of Families with Success & Liking. And having nothing at all of Mercury in them.

They differ from *Common Sugar-Plums* in this: That Those at the Confectioners are bigger than These, but as for their Colour, Taste, &c. they may be Eaten as a *Common Sugar-Plum*.

Or Dissolved in Tea or any other Liqueur, and consequently are an easy Thing for Men and Women of nice & Squamish Palates, & Children who will not take Physick; for you may deceive them with a *Sugar-Plum*, when they will take nothing else.

The Use of them is for WORMS, the Rickets, Vomiting, Coughs, the Cholick, Want of Appetite, & Digestion, Foulness of Stomach, Head-achs, Wheezings, Shortness of Breath, AGUES, &c.

And by Eating One or 2 of these Plums, Persons have been so lightsome and Breathed so freely and easy, that nothing but the Trial of them could convince them of their Effect.

And as for Worms, 2 of these Plums brought away alive from the Child of Mr. Dixon in St. Martin's-Lane, a quarter of a Pint.

Price 12 d. a Dozen: Or NINE Shillings a Gros, with Directions along with them, which Every one is desired to Read.

ONE of these PLUMS (which will cost only a Penny, & has nothing at all of Mercury in it) is enough to Purge and Bring away WORMS from a Child of 3, 4 or 5 Years old.

And about a Quarter, or Half a Plum for younger Children.

Give Two to a Child of 6, 7, 8, or 9 Years old.

Three are enough for one of 10, 11, or 12 Years, and upwards.

And a Man or Woman may eat 4, or 5, as they desire more or less to be Purged, Or to Cure an AGUE or Intermitting Fever.

Being of use in Cases where Cleansing the Body of foul Humors, Bringing away Worms, and Curing of AGUES especially, is required, being a well known thing presently to Cure an Ague with, by taking away the foul Cake and Load that causes the Fit.

This Account of these Plums was sent by the Person who took 'em.

HAVING been near a Year in a very ill State of Health, I threw away a great deal of Mony in Physick (having the Advice of several Doctors) to no purpose: I had a great Pain in my Stomach; A spitting Cough; an Intermitting Fever, with frequently the Cholick, Gravel, and Loosness all together, so that I was looked upon past Cure.

At last hearing of the Good these Plums had done to several: I took of them: And in one Days time they made such a Change in me. that I seem'd to be another Person, and in a little time carried off my Distempers. Jan. 7. 1717. *Jaacim Morgan.* in the New Rents, St. Martin's-le-Grand, London.

AND whereas AGUES and Intermitting Fevers so daily elude most Common Methods of Cure, that Great Numbers (especially in *Kent, Essex, Sussex, Lincolnshire* & other Counties as well as in *London*) languish a long time under them.



If Families would but Use of these PLUMS, they presently take away an AGUE or Intermitting Fever, when the Bark, & most other means avail nothing : by carrying off out of hand the *Aguish matter* that causes the *Fit*.

And by this means Numbers of AGUES have been Easily cured for *A Few Pence*, after Pounds spent before to no purpose.

But Those who will not take any thing Inwardly for an Ague, may have The famous PULSE-DROPS that Cured so many of the late Agues, by being only Outwardly applied, and without taking in any thing at the Mouth, 5 s a Bottle.

Besides: In Case of the Plague or any other Infectious Distemper, These Plums are a good thing to be given in the begining of it. And therefore Families would do well to keep a few of these Plums always in readyness by them, against whatever may happen, since the Plague threatens us.

This is not here mentioned to induce People to lay out a great deal of Money (These Plums being only *A Penny a Pece* & Two or Three of them are enough in most ordinary Cases) but by reason that in the begining of most common Indispositions, & Distempers, they will do more towards a Cure, thus at a small Charge, than many Pompous Medicines of a far greater Price.

And the Buying a Few of these Plums, in order to have so Good a thing always in a Family in readyness by one, can give no great Inconvenience to any ones Purse.

A Proposal to All SHOP-KEEPERS, &c.

ANY Shop-Keeper, House-Keeper, or Others in Town or Country, who will Sell to their Neighbours, Customers & Acquaintance of These PURGING SUGAR PLUMS.

You shall have great Allowance At the Anodyne NECKLACE without Temple-Bar, with a handsome Printed Sheet to Hang-out, (if you please) with these Words on it in Great Letters

The Famous PURGING SUGAR PLUMS Sold Here.

TAKE a Few into your Shop to try & begin with at First. If they Sell, as most certainly they will, when they are but once a little known, you will get more by them, than by many things you Sell : And if they do not Sell, you can be at no Loss : For you may Return them again at any time.

EVery Person is desired to make known and SEND This PROPOSAL and Book to their Correspondents, Friends, and Acquaintance, any where in Town or Country, that they may SELL these Plums, which will be to their Credit and Advantage.

A D V E R T I S E M E N T.

The Following Treatises are Given Gratis,
In French and other European Languages, as well as English.

I. **A**N Account of the Venereal or Secret Disease. By which to know Infected Persons from Others, And Whether a Secret Injury is Received or Not: If Received, In what Degree of Infection: And if Well after Former Cures. With Rules for its Cure.

As when? How much? And what sort of Purgings is necessary for the Cure of a Venereal Injury? And what Degrees of it may be cured without. — *Note.* The Language of this Treatise is such, as not to shock the most Modest Class of Mankind: Nor give Offence to even the Chastest Mind.

II. Of a SALIVATION: When necessary? Why Dangerous? Why so often ineffectual? And what Method is SAFER for a Cure? As well for those Persons whose straitness of Circumstances cannot allow of Expence: As for those whose Business and Affairs will not admit of Confinement; Nor Constitution the Taking of Physick.

III. Of a Broken and Empaired Constitution by Secret Injuries and their Cures; Fast Living; Ill managed Salivations, the Use of Mercury, Self-Abuses, Age, &c.

IV. Of GLEETS and other such Weaknesses in Either Sex: With the true Method of their Cure, without the Harrassing Fatigue of Loads of Physick: And some Useful Particulars relating to Cases in WOMEN.

V. A New System of the GOUT and Rheumatism, Drawn from Reason, Observations & Experience.

VI. Of that so much Celebrated Anodyne

NECK  LACE

Recommended by Dr. Chamberlen for Children's TEETH.

VII. OF AGUES, and Intermittent Fevers.

VIII. Of the Famous Purgings Sugar PLUMS.

IX. Of the Prevention and Cure of PLAGUE, by that Method used to those who were Preserved, & Recovered in the great Sickness in London in 1665.

Dedicated to Dr. Sloane President of the College of Physicians of London.

These Books are Given Gratis, at the Places mentioned above in the Title-Page.

F I N I S.

